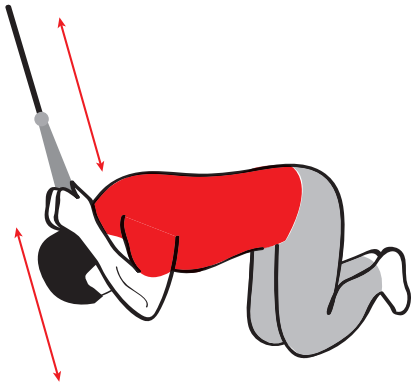


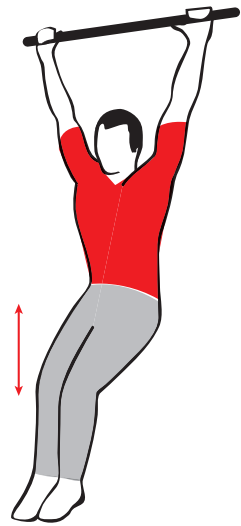


Ćwiczenie 1



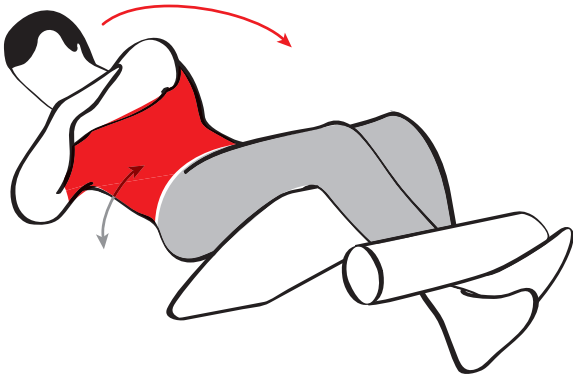
Allachy  
zginanie mięśni brzucha  
z wyciągiem górnym

Ćwiczenie 2



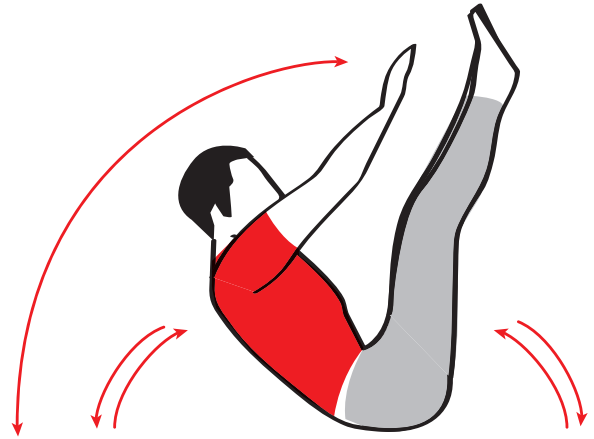
Unoszenie nóg  
w zwisie

Ćwiczenie 3



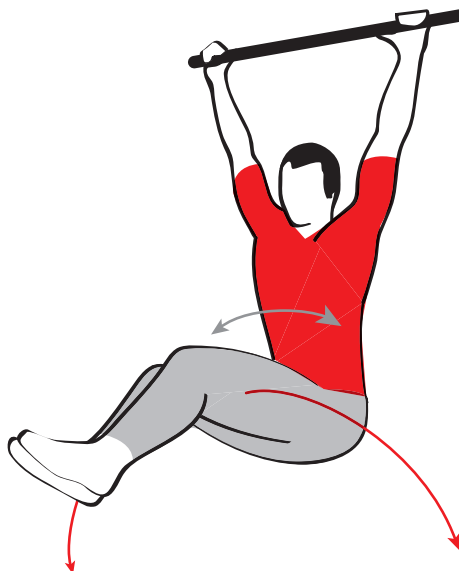
Skłony boczne  
na ławeczce

Ćwiczenie 4



Scyzoryki

Ćwiczenie 5



Przenoszenie nóg  
w zwisie na drążku

